

## HYPOTHYROIDISM

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**Abstract:** Hypothyroidism (also called insufficient thyroid, low thyroid, or hypothyroidism) is a disorder of the endocrine system that produces thyroid hormone. This can cause symptoms such as poor ability to tolerate cold, feeling tired, loss of appetite, depression. The front of the neck may increase from time to time due to goiter. Untreated cases of hypothyroidism during pregnancy can lead to a delay in the growth and intellectual development of the child or congenital iodine deficiency syndrome. All over the world, too low intake of iodine in the diet is the most common cause of hypothyroidism. Japanese scientist Hashimoto's thyroiditis is the most common cause of hypothyroidism in countries where there is not enough iodine. Less common causes include previous treatment with radioactive iodine, injury to the anterior hypothalamus or pituitary gland, taking certain medications, and lack of thyroid activity

**Keywords:** Hypothyroidism, thyroid gland, hypothyroidism during pregnancy

**The contents of the article:** It is estimated that about a billion people worldwide are deficient in iodine. However, it is unclear how often this leads to hypothyroidism. Studies among a large population of Western countries with iodine deficiency have shown that 0.3-0.4% of the population suffer from hypothyroidism. A large proportion, 4.3-8.5%, has subclinical hypothyroidism. In people with subclinical hypothyroidism, 80% have a TSH level below 10 mMu/l, which is considered the threshold for treatment. Children with subclinical hypothyroidism usually return to normal thyroid function, and a small percentage develop hypothyroidism (elevated levels of antibodies and TSH, the presence of celiac disease and the presence of goiter).

Women are more likely to develop hypothyroidism than men. In population studies, women were seven times more likely to get TSH levels above 10 mEd/L than men. 2-4% of people with subclinical hypothyroidism try to increase hypothyroidism every year. Thyroid Feather

**Pregnant:** Even mild or subclinical hypothyroidism can increase the risk of infertility and bad luck, which will lead to death. Hypothyroidism in early pregnancy, even with limited or absent symptoms, can increase the risk of preeclampsia, a generation with lower intelligence, and the risk of the baby dying around during

childbirth. Women suffer from hypothyroidism in 0.3-0.5% of pregnancies. Subclinical hypothyroidism during pregnancy up to 37 weeks of pregnancy is associated with gestational diabetes and the birth of a baby.

**Children:** newborns with hypothyroidism may have a normal birth weight and height (although the head may be larger than expected, and the posterior fontanel may be open). Some may include drowsiness, decreased muscle tone, hoarse crying, difficulty feeding, constipation, enlarged tongue, umbilical hernia, dry skin, decreased body temperature and jaundice. Goiter is low, it does not produce thyroid hormone functions, but the thyroid gland.

**Prevention:** Hypothyroidism can be prevented in the population by adding iodine to foods that are commonly used. This health measure has eliminated endemic childhood hypothyroidism in countries where it was once widespread. In addition to promoting the consumption of iodine-rich foods such as dairy products and fish, many countries with moderate iodine deficiency have implemented universal salt iodization (USI). With the support of the World Health Organization, 130 countries currently have USI, and 70% of the world's population takes iodized salt. In some countries, iodized salt is added to bread. Nevertheless, as a result of attempts to reduce salt intake, iodine deficiency has re-emerged in some Western countries. Pregnant and lactating women, who require 66% of the daily iodine requirement compared to non-pregnant women, still do not receive iodine. The World Health Organization recommends a daily intake of 250 mcg for pregnant and lactating women. Since many women cannot achieve this from dietary sources alone, the American Thyroid Association recommends a daily supplement of 150 mcg orally.

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